Abbreviated Procedure Guide

Important: Read detailed instructions and other important information in your OneTouch® Ultra® Owner's Booklet and Test Strip insert before doing a test.

ONETOUCH® Ultra® Blood Glucose Monitoring System

Setting Up the Meter

With the meter off, press and hold M button for three seconds to enter setting mode.

STEP 1

Set hour and minutes.

With hour flashing, press C button until correct hour appears on display and then press M button. Repeat step with minutes flashing on display.

STEP 2

Set year, month, and day.

After setting time, scroll to year using M button. With year flashing, scroll to correct year with C button and press M button. Repeat step for month and day.

STEP 3

Set unit of measurement.

The mmol/L unit is standard in Canada. Press M button to turn meter off.

Using the Meter Memory

STEP 1

Enter memory mode.

Start with meter turned off. Press the M button. When you see 14-day average followed by 30-day average, you are in memory mode.

STEP 2

Recall test results.

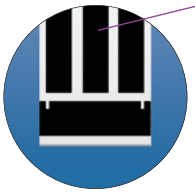
The most recent test result with date and time appears. Press C button once and the next most recent test result will appear. Continue pressing C button to recall last 150 test results in order. Press M button to turn meter off.

Coding the Meter

STEP 1

Insert test strip.

The meter turns on automatically.



Reminder: Contact bars go first. Push in firmly until it will go no further.

STEP 2

--- appears on display.

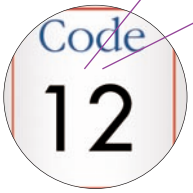
This means there is no code number stored in memory.

STEP 3

Find code number.

It is on test strip vial. Press C button to scroll to same number on display. It will flash briefly then remain solid. When ▲ appears, start test.

Note: The meter must be coded for every new vial of test strips.



Obtaining a Blood Sample from the Arm

Please read this information carefully:

- Under certain conditions, blood glucose test results obtained using samples taken from your arm may differ significantly from fingertip samples.
- The conditions in which these differences are most likely to occur are when your blood glucose is changing rapidly such as following a meal, an insulin dose or associated with physical exercise.
- When blood glucose is changing rapidly, fingertip samples show these changes more quickly than arm samples.
- When your blood glucose is falling, testing with a fingertip sample **may** identify a hypoglycemic (low blood sugar) level sooner than a test with an arm sample.
- Use arm samples only for testing prior to, or more than two hours after, meals, insulin dose or physical exercise.
- Testing performed within two hours after meals, an insulin dose or physical exercise, or whenever you feel that your glucose levels may be changing rapidly, should be done from the fingertip.
- You should also use fingertip testing whenever you have a concern about hypoglycemia (insulin reactions) such as when driving a car, particularly if you suffer from hypoglycemic unawareness (lack of symptoms to indicate an insulin reaction), as arm testing may fail to detect hypoglycemia.
- Routine testing before meals can be done either on the fingertip or the arm.

STEP 1

Select a puncture site.

If you choose to puncture the arm, select a soft, fleshy area (away from bone) that is free of visible veins or excess hair. Wash your hands and the puncture site. Use warm, soapy water. Rinse and dry thoroughly.

STEP 2

Obtain a blood sample.

Use the OneTouch® Penlet® Plus or OneTouch® Ultrasoft™ adjustable blood sampler with the OneTouch® UltraClear™ cap to obtain a drop of blood. If puncturing the arm, you may choose to set the OneTouch® Penlet® Plus or OneTouch® UltraSoft™ adjustable blood sampler for a greater puncture depth. To increase blood flow to the puncture site, massage the area gently. For individuals who experience difficulty in getting sufficient blood for a test, rubbing the area more vigorously or the brief application of heat may be helpful. Do not squeeze excessively on the puncture site. If you use an alcohol swab, make sure that the site is completely dry before lancing it.

Press and hold sampler to arm for a few seconds. Press release button. **Continue to hold sampler against the skin for a few seconds until enough blood forms.**

Note: Consult your Healthcare Professional before you begin using the arm for testing. Read detailed instructions and other important information in your OneTouch® Ultra® Brand Owner's Booklet and Test Strip insert before doing a test.

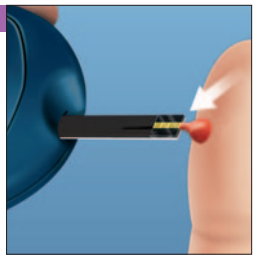
ONETOUCH® Ultra® Blood Glucose Monitoring System

Applying Blood to the Test Strip

STEP 1

Apply blood.

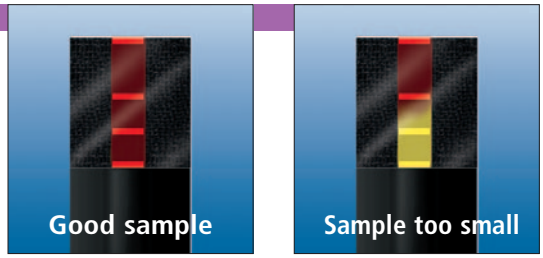
When symbol appears, touch and hold a drop of blood to TOP EDGE of test strip, where it meets the narrow channel. The blood sample must be at least 1 microliter in volume (• actual size) or you may get an inaccurate test result.



Hold blood drop to TOP EDGE until confirmation window is **completely filled** before meter begins to count down.

DO NOT
- Apply blood to front or back of test strip.
- Push finger against test strip.
- Try to apply smeared sample.

STEP 2



Check confirmation window.

If confirmation window does not fill completely before meter begins to count down, **do not** add more blood to test strip. Discard test strip and retest.

STEP 3

Read results.

Meter will count down from 5 to 1 and display test result with date and time.

For more information, contact your Healthcare Professional or call the LifeScan Customer Care Line at: 1 800 663-5521

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